



## Starting your own Transition Streets Group – FACT SHEET

Have you heard a about Transition Streets and want to know more?  
Are you tempted to start a group on your street but wondering what it involves?  
Here are the things you need to know ...

What are the aims of Transition Streets?

By taking part, participants will:

- Get to know their neighbours better, creating a stronger sense of community;
- Gain lots of useful information about how they can reduce their carbon footprint and cut their household bills;
- Take practical action in their own homes and lives.

What are the benefits?

In Totnes, where the project first started, the evaluation showed that participants:

- saved on average £570 per household per year on their bills;
- saved on average 1.3 tonnes of carbon dioxide per household per year;
- enjoyed the process, made new friends and kept meeting after the end of the project.

No-one is selling anything, and there is no cost to take part!

Transition St Albans is a local, not-for-profit group aiming to make St Albans a more environmentally sustainable place. We are not selling anything. We want to strengthen communities and help local people (like us) to reduce their carbon footprint. We have no link to an insulation company, solar company, or any other company.

The project is Lottery-funded, which covers the costs of the materials and having a project coordinator. It is therefore free to take part. At your group's last meeting, we ask for a totally voluntary contribution to allow another person to take part in the future, but whether you choose to do this or not is up to you.

## What does it actually involve?

The Transition Streets process is;

- You get a group of neighbours together. 6-10 households make a good group;
- The neighbours meet together 7 times;
- Catherine, from Transition St Albans, comes along to run the first meeting, get you started, and give you your information packs;
- At each meeting, there is a different topic. The info pack has one chapter per topic;
  1. getting started
  2. energy
  3. water
  4. food
  5. consumption/waste
  6. transport
  7. wrapping-up
- At each meeting, each household commits to some practical actions that they choose to do, in their home; for example after the energy topic you might decide to change lightbulbs, get a jacket for your hot water tank, or turn the thermostat down.
- At the next meeting, you start by reporting back on your actions. Often, you learn an enormous amount about how to get things done from this discussion.

## When and where do the meetings take place?

It is up to your group to schedule the meetings, to suit yourselves. Some groups prefer weekends, some evenings. Some meet every 2 weeks, some 3-4 weekly, and some monthly. If you meet too often, there is no time to do any actions, but too far apart and you lose momentum.

You take turns to host the meetings in your homes. You also take turns to chair the meetings.

## How much time does it take?

Recruiting your group does take a little while; talking to your neighbours and putting leaflets through doors. After this, there are seven 2-hour meetings over 4-6 months.

## How do I get my neighbours to join in?

- Talk to neighbours you already know. Ask them to talk to their neighbours.
- Is there already a local newsletter or an email list? Can you use it?
- We can give you leaflets, to personalise and use on your street.
- Invite people for an informal opportunity to find out about Streets, before saying yes.

Download the note from our website "Top Tips from Current Groups" for lots of useful ideas from people who have run groups already.

To find out more, contact Catherine Ross on [streets@transitionstalbens.org](mailto:streets@transitionstalbens.org) or 07413 932 380.

